

## Ikea Swedish Meatballs

For the meatballs:

1 cup breadcrumbs  
2 Tablespoons unsalted butter  
1/3 cup minced white onion  
2 cloves garlic, minced  
1/4 teaspoon ground allspice  
Kosher salt and freshly ground white pepper  
1/2 cup milk  
1 teaspoon Worcestershire sauce  
3/4 pound lean ground beef  
1/2 pound lean ground pork  
1 large egg plus 1 egg white, beaten  
Vegetable oil, for brushing

For the gravy:

2 Tablespoons unsalted butter  
2 Tablespoons all-purpose flour  
1 1/2 cups low-sodium beef broth



1 teaspoon Worcestershire sauce  
1/4 cup heavy cream  
Kosher salt and freshly ground black pepper  
2 Tablespoons chopped fresh parsley (optional)  
Lingonberry jam, for serving (optional)

**Make the meatballs:** Put the breadcrumbs in a large bowl. Heat the butter in a skillet over medium heat. Add the onion, garlic, allspice, 2 teaspoons salt and 1/4 teaspoon white pepper and cook, stirring, until soft, about 5 minutes. Add the milk and Worcestershire sauce and bring to a simmer. Pour the milk mixture over the breadcrumbs and stir to make a thick paste; let cool. Add the beef, pork, egg and egg white to the bowl and mix until combined.

Brush a baking sheet with vegetable oil. Roll the meat into 1-inch balls and arrange on the prepared baking sheet. Cover with plastic wrap and refrigerate at least 1 hour.

Preheat the oven to 400 degrees F. Bake the meatballs until cooked through, about 20 minutes.

**Make the gravy:** Melt the butter in a large skillet over medium heat. Add the flour and cook, whisking, until smooth. Whisk in the beef broth and Worcestershire sauce and bring to a

simmer. Add the cream and meatballs. Reduce the heat to medium low and simmer until the gravy thickens, about 10 minutes. Season with salt and black pepper. Transfer to a serving dish; sprinkle with the parsley and serve with lingonberry jam, if desired.